

# Contemporary Kurukshetra

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2016-04-06

Source: <http://www.shiningworld.com/site/satsang/read/2592>

**Liam:** Hello, Ted. It sounded as though your trip and teaching in India was very successful. Did you enjoy the experience? I would imagine that India would be both great and terrible. That must be a really long flight!

**Ted:** I love India! It was indeed a long flight, but well worth it.

The energy is completely different from America. Just as much hustle and bustle, but there isn't as much ego behind it. The whole atmosphere is steeped in a devotional attitude that tempers the frenzy. It seems that everyone understands *Isvara* is in charge, so they just deals with what comes without bitching and whining about it. Pretty darn cool, if you ask me.

**Liam:** It has been a while since I've written, and I wanted to run a few things past you, if I may. With the enquiry, and attempting reorientation from the body-mind-sense-personality aggregate to the ground of being...

**Ted:** Holy shit, man. It sounds like you're on some kind of mission NASA cooked up. Just teasing. ☺

**Liam:** ...it seems to become difficult to remain free of the former when there are so many interactions during a work day, for example, in which one is required to act like the body-mind.

**Ted:** It is difficult, yes. You are engaged in the process of undoing the conditioning of that has been reinforced for lifetimes. But what to do? You know too much now to go back to being ignorant, so all you can do is forge ahead. Fight any resistance you face like the spiritual warrior than you are. And you thought Arjuna was just some character from Indian mythology!

**Liam:** I find on a weekend I make some headway with the *sravana*, *manana* and *niddidhyasana*, and then go back and do battle again with it.

**Ted:** Fight on, my friend. Take up the sword of self-inquiry each and every day. Kurukshetra isn't a battlefield outside of Delhi. It is your daily life.

**Liam:** When out and about I seem to want to avoid the inane interactions required to function as a person (seeing a neighbour, for example) when I'm not required by the demands of employment. Reading this, it sounds terribly anti-social, but at the same time, I am getting the vision of everything being the same, even though those I encounter may not be. This especially

seems to be true regarding nature, i.e. taking an earthworm off a hot sidewalk and putting it on wet dirt, due not wanting it to suffer, since we're the same. This may sound cheesy, but it is sincere. Is this all part of the ongoing process? I hope this makes sense.

**Ted:** It does make sense, and it is all part of the ongoing process. Regarding your anti-social behavior, you might reflect on the fact that Ramana Maharshi sat in a cave for several years, albeit he didn't have the worldly responsibilities of an Arjuna (i.e. you), but remember that the *dharma* (i.e. duty) of a *jijnasu* (i.e. seeker of self-knowledge) with *mumukshutva* (i.e. a burning desire for liberation) is *atma-vichara* (i.e. self-inquiry) and the various *yogas* that are employed for the purpose purifying the mind.

In this regard, withdraw from the world to the extent possible in order to concentrate on self-inquiry, and when you are required to transact worldly business, do so with the *karma yoga* attitude, all the while engaging in *nididhyasana* (i.e. meditation on and application of the non-dual vision of Vedanta to each and every experience of your life).

**Liam:** I was planning to go to Sundari's and James' in June for the teaching he will be providing. Any chance you would be there?

**Ted:** Maybe. I'm not sure how the summer will unfold at this point. I'm hoping to conduct a seminar or two myself.

**Liam:** I wanted to tell you about going to the airport when Brooke and I went to Europe in February. I was getting out of the car after my father had dropped us off, and looking down at the curb, saw there a silver *AUM* symbol lying on the pavement. When I thought of all the variables involved in my seeing it, it seemed impossible it was pure luck that I would find it. I took it as a gift from *Isvara*. We went to northern Italy and southern France, and during the trip it seemed clear that "I" was ever the same, and just witnessed the different objects coming and going. I carried the *AUM* symbol in my pants pocket the entire trip.

**Ted:** A perfect example of what we've just discussed.

**Liam:** I hope you've been doing well, Ted, and look forward to hearing from you. All the best.

~ Love, Liam

**Ted:** I am wonderful. I hope you are too, Liam.

~ Love, Ted